

Wellness Nutrition  
FACS 1151  
Spring 2009  
Tuesday/Thursday  
11:00-12:15 CRN 30296

**Instructor:** Dr. Darby T. Sewell

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**Office Hours:** Monday/Wednesday; 2:00 to 5:00 PM; Tuesday/Thursday 3:00-5:00 PM

**Textbook:**Sizer, F. & Whitney, E. (2006). *Nutrition: Concepts and Controversies* (11<sup>th</sup> ed.). Belmont, CA: Wadsworth Publishing Company.

**Course Description:** 3 hours. A study of the basic principles of nutrition and food choices to maintain optimal health of the individual during the life cycle. Emphasis will be given to nutrition principles and sources of nutrients.

**Course Objectives:** Upon completion of the course students will be able to:

1. Discuss the basic needs for water and nutrients.
2. At an introductory level, have an understanding of nutrition principles including the roles, metabolism, requirements and sources of nutrients.
3. At an introductory level, have an understanding of how nutritional needs change throughout the lifespan and during stress and exercise.
4. Demonstrate knowledge of scientific method and basic techniques used for nutrition research.
5. Demonstrate the ability to use current technologies including use of the internet as a form of communication and use of computer assisted modules for learning.
6. Identify the effects of socioeconomic, physiological, and cultural factors on food intake and be able to answer questions relating to these factors.
7. Discuss hunger and global environmental problems related to food and nutrition.
8. Demonstrate basic knowledge of current food safety issues.
9. Identify factors affecting risk for chronic disease including family history, health behaviors, and food intake.
10. Demonstrate knowledge of current health promotion strategies and dietary guidelines used in the U.S.

**Evaluation:**

1. **Exams:** Exams will cover text material, class lectures, guest speakers, and supplemental videos viewed in class. Exams will be primarily objective with possibly some subjective (discussion or short answer). The final exam will be made up of questions from Exams 1-3 and new material presented after the last exam.
2. **Daily Grades/Class Assignments:** These assignments will be given in class and cannot be made up if the student is absent. These grades include quizzes over textbook reading material and class lecture, Internet assignments, video evaluations, guest speaker evaluations, and in-class exercises, questions, and other written and oral class assignments. **Attendance and class participation is important to achieving all points. Tardiness will result in the inability to participate in assignments given at the beginning of class and/or receive full credit for class participation.**
3. **Medical Family Tree:** Information and guidelines will be provided by instructor.
4. **My Pyramid Tracker:** Information and guidelines will be provided by instructor.

**Assignments submitted past the deadline will be subject to penalty and may not be accepted.**

**Course Attendance Policy: Class attendance is expected.** To attain maximum success, students must attend all class meetings, be on time, and attend all scheduled course activities including, but not limited to, field trips, seminars, study sessions, individual conferences and lectures. This interaction with instructors and other students is an important element of the learning process, and a high correlation exists between class attendance and grades. A student must understand the importance of regular participation in classroom and laboratory activities. The absence of any student affects not only his or her performance but the performance of the class as a whole. Absence from class, for whatever reason, does not excuse a student from full responsibility for class work or assignments missed. Students must accept this responsibility.

The instructor will keep accurate attendance records. Excessive absences will result in grade penalties ultimately resulting in a lower grade for the entire course at the discretion of the instructor.

Whenever a student is absent, whether for official or personal reasons, the student must assume responsibility and provide notice to the instructor, preferably in advance, for making arrangements for finding out what will be covered in class. However, final approval for the ability to make up work remains with the individual instructor. A student who stops attending class without officially withdrawing from the course will receive a grade of "F" for the course.

At the beginning of each semester, the instructor will explain clearly to the student specific attendance requirements (including possible penalties). Additionally, she will publish the attendance policy on her syllabus and website.

A student penalized for excessive absences may appeal through the grade appeal process, as stated in ABAC's college catalog and student handbook.

**Make-Up Policy:** Scheduled exams should not be missed. **There will be no make up exams.** Exceptions may be granted on an individual basis only if extreme circumstances render it necessary. These circumstances must be cleared with the instructor prior to testing. Assignments should be turned in on time. Late assignments are subject to penalty and may not be accepted. In-class assignments are calculated into the final course grade. **There will be no make-ups for In-class assignments.** Therefore, excessive absences will adversely affect the student's course grade.

**Tardiness:** Class begins at the time listed on the schedule. I expect students to be in class and ready to begin at that time. Tardiness is distracting to me and other students. If any student is tardy, it is **his/her responsibility** to tell me **after** class that he/she has indeed attended class. If I am not told at the end of the class period, I will count the student as absent. I count being tardy 3 times as an absence. If you are late, you will be unable to make up quizzes, tests or points earned from guest speaker evaluations.

**Academic Dishonesty:** Because Abraham Baldwin College has the dual responsibility of educating students and helping them mature into worthy citizens who take their place in the larger community, it has adopted a code for dealing with academic irregularities. Academic irregularities include, but are not limited to, giving or receiving of unauthorized assistance in the preparation of any academic assignment; taking or attempting to take, stealing, or otherwise obtaining in an unauthorized manner any material pertaining to the educational process; selling, giving, lending or otherwise furnishing to any person any questions and/or answers to any examination known to be scheduled at any subsequent date; and plagiarism (taking credit for another author's work without proper citation and recognition) in any form related to themes, essays, term papers, tests and other assignments.

Academic dishonesty includes plagiarizing from the Internet. Due process for academic dishonesty cases will be followed as outlined in the ABAC Catalog. For more a detailed explanation, see the ABAC Catalog on Academic Dishonesty.

Refer to the current ABAC Catalog for all academic policies and procedures: [www.abac.edu/catalog](http://www.abac.edu/catalog).

**Special Accommodations:** Special accommodations will be provided for students with a documented learning and/or physical disability. Documentation should be presented from the Office of Student Development located in J. Lamar Branch Student Center. *Any student in this class who has specific needs because of learning disabilities or any other disability should discuss this with the instructor.*

**Academic and Classroom Behavior Policies:**

- Class will begin on time. Avoid arriving late and leaving early. **It is unprofessional to arrive late to class and get up in the middle of class unless it is an emergency. It is also disruptive to the instructor and other students.**
- You are expected to attend class on a regular basis and participate in all activities and discussion
  - If a student is not prepared for class or misses an assignment deadline, the student's grade may be lowered and/or work may not be accepted
- Avoid talking while teacher, classmates or guests speakers are talking or other unprofessional behavior. This is a discussion based class. It is important to be courteous and respectful to other class members. Common courtesy is expected.
- Avoid asking inappropriate or involved questions which have nothing to do with the topic under discussion.
- Avoid studying or reading other material, sleeping and not participating in group discussion or activities that are considered disruptive behavior according to the Board of Regents policy on disruptive behavior. Classroom sessions are not for studying for other classes, doing homework, or conducting other business. Sleeping should be done before, or after, but never during the classroom session.
  - Students who engage in such behavior can be asked to leave class.
- Students must be reasonably dressed in the classroom.
- Avoid using foul or profane language. Profane language is offensive to most people, and is both unprofessional and unacceptable.
- Avoid using tobacco products in class.
- Students should respect all equipment and furniture in the facility.
- **Turn Cell Phones off before class begins. If your cell phone rings in class or a student participates in text messaging during class, all students will have to take a pop quiz immediately.**
- **No eating during class.**
- **Drinks in spill proof containers are permissible.**
- **Use your breaks between classes to use your cell phone and eat your snacks.**

**Course Grading:**

|                                 |            |
|---------------------------------|------------|
| 4 Exams @ 100 points            | 400        |
| Daily Grades/Class Assignments: | 60         |
| Medical Family Tree             | 50         |
| Food Diary                      | 25         |
| My Pyramid Tracker              | 50         |
| <b>Total</b>                    | <b>585</b> |

| <b>Grade</b> | <b>Points</b> |
|--------------|---------------|
| A            | 526-585       |
| B            | 468-525       |
| C            | 409-467       |
| D            | 351-408       |
| F            | 350 & Below   |

**Course Calendar  
FACS 1151  
Wellness Nutrition  
Tentative Plan**

*Instructor reserves the right to change the course plan. Students will be notified of any changes.*

| <b>Day</b> | <b>Date</b> | <b>Chapter/Assignments</b>   |
|------------|-------------|--|
| Tuesday    | January 13  | Class Introduction & Overview<br>Review Syllabus<br><i>Drop/Add Ends</i><br>4:30 P.M. on January 14                    |
| Thursday   | January 15  | Chapters 1 & 2<br>Dietary Guidelines for Americans<br><i>Begin Keeping Food Diary</i>                                  |
| Tuesday    | January 20  | Chapters 1 & 2<br>Dietary Guidelines Continued   |
| Thursday   | January 22  | Chapter 2<br>Serving Sizes: Food Visuals<br>Food Labels<br>(Bring a nutrition label & calculator for class assignment) |
| Tuesday    | January 27  | Chapter 3: The Remarkable Body<br>Digestion, Absorption, Transport   |
| Thursday   | January 29  | Carbohydrates<br>Chapter 4<br>Sugar Visuals  |
| Tuesday    | February 3  | Carbohydrates<br>Chapter 4<br>Sugar Visuals  |
| Thursday   | February 5  | Lipids<br>Chapter 5<br>Artery Visual<br><b>Food Diary Due at the beginning of class</b>                                |
| Tuesday    | February 10 | <b>Exam 1</b>  |
| Thursday   | February 12 | <i>Possible Video Presentation: Super Size Me</i>  |
| Tuesday    | February 17 | Computer Lab<br>Ag Sciences 132<br><i>Bring a copy of your Food Diary to work on My Pyramid Tracker Assignment</i>     |
| Thursday   | February 19 | Lipids<br>Chapter 5  |
| Tuesday    | February 24 | Lipids<br>Chapter 5  |
| Thursday   | February 26 | Protein<br>Chapter 6   |

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|---|----------|---|
| Tuesday   | March 3  | Protein/Vegetarian Diets<br>Chapter 6   |
| Thursday  | March 5  | <i>March 5 is Midpoint &amp; last day to withdraw without penalty<br/>by 4:30 PM</i>                            |
| Tuesday   | March 10 | <b>Exam 2</b>   |
| Thursday  | March 12 | <b>My Pyramid Tracker Due at the beginning of class</b><br>Fat-Soluble Vitamins<br>Chapter 7                    |
| <i>Tuesday &amp; Thursday, March 17 &amp; March 19<br/>Spring Break</i> |          |   |
| Tuesday   | March 24 | Water-Soluble Vitamins<br>Chapter 7<br><i>Discuss Medial Family Tree</i>  |
| Thursday  | March 26 | Diet & Health<br>Chapter 11   |
| Tuesday   | March 31 | Energy Balance & Healthy Body Weight<br>Chapter 9   |
| Thursday  | April 2  | Eating Disorders<br>Chapter 9<br><i>Possible Video Presentation: Dying to Be Thin</i>                           |
| Tuesday   | April 7  | Water & Minerals<br>Chapter 8<br>The Major Minerals<br><b>Medical Family Tree Due at the beginning of class</b> |
| Thursday  | April 9  | Water & Minerals<br>Chapter 8<br>The Trace Minerals   |
| Tuesday   | April 14 | <b>Exam 3</b>   |
| Thursday  | April 16 | Food Safety<br>Chapter 12   |
| Tuesday   | April 21 | Food Safety<br>Chapter 12   |
| Thursday  | April 23 | Lifecycle Nutrition: Mother & Infant<br>Chapter 13  |
| Tuesday   | April 28 | Child, Teen, and Older Adult<br>Chapter 14  |
| Thursday  | April 30 | Child, Teen, and Older Adult<br>Chapter 14  |
| <b>Wednesday, May 6</b><br><b>Final Exam</b><br>10:30 to 12:30          |          |   |